

2007 NEW RIVER TRAIL CHALLENGE

RULES & GUIDELINES

RACE CHANGES

ALL TEAM PARTICIPANTS IN THE 13.1 RUN STAGE MUST COMPLETE THE ENTIRE 13.1-MILE STAGE OF THE RUN WITH A SINGLE PARTICIPANT.

THERE WILL BE NO RUN TRANSITION AREA THIS YEAR. TEAMS MUST CONSIST OF EITHER 2 OR 3 ATHLETES. THERE WILL NOT BE ANY SHUTTLES PROVIDED FOR THE TEAM RUNNERS. EACH TEAM MUST PROVIDE THEIR OWN SUPPORT CREW DURING THE RACE STAGES.

INDIVIDUAL COMPETITION

Male and Female individuals can compete in the New River Trail Challenge provided they are at least 18 years of age on race day. Awards will be given for both the Top 3 overall finisher Male and Female and the top 3 finishers in the following age groups. (18-29,30-39,40-49,**50-59** and **60 & up**)

TEAM COMPETITION

Competitors can enter teams as (Male, Female, Mixed, Senior Male, Senior Female (any gender mix for mixed competition)).

Teams and awards for team competition in the New River Trail Challenge are set up as 2 or 3 person teams. Mixed teams must have one or two of the three members as a female for the mixed division. Competitors who choose to use two-person teams must understand they are competing EQUALLY with 3 person teams for the team awards. Awards will be given to the top 3 teams in each of the divisions listed above.

DIRECTIONS TO THE RACE HEADQUARTERS AT FOSTER FALLS

From I-77, take Exit 24 go east on Route 69 to Route 52, go north to Route 608, go east and follow the Foster Falls State Park signs into the park.

STAGE # 1) 40-MILE MOUNTAIN BIKE RIDE

8:00 A.M. Start at FOSTER FALLS, VA.

REQUIREMENTS:

1. The mountain bike stage will be an out and back stage beginning at Fosters Falls lower boat launch area and follow the New River Trail to the turnaround at Rt. 721 at Fries, Va.
2. Participants must check in at the Race headquarters between 6:00a.m. - 7:30a.m.

3. Riders must be at the starting line no later than 7:45 a.m.
4. A gear & equipment shuttle only will be available for individual participants at Foster Falls area to take equipment to and from the Allisonia transition area for individual competitors.
5. A mandatory pre-race meeting for all riders prior to the start will take place at 7:45 a.m. at the starting line.
6. TIME RESTRICTION - ALL BIKE RIDERS MUST BE AT THE FOSTER FALLS CANOE TRANSITION BY 12:30p.m. OR TEAMS AND INDIVIDUALS WILL NOT BE ALLOWED TO CONTINUE THE RACE. THIS IS A SAFETY PRECAUTION TO INSURE ALL CANOES WILL BE OFF THE WATER IN TIME FOR PARTICIPANTS TO FINISH THE RACE BEFORE DARK.
7. Riders are required to provide and WEAR a safety helmet the entire ride.
8. Race numbers must be visible on the back of the rider's jersey. Race numbers must also be displayed on the front of each participant's bike.
9. All bikers must go through the bike checkpoint at the turn-around point near Fries Va. and all participants must go through the bike/canoe checkpoint at the end of the stage for each team and individual to be accounted for as they proceed.
10. Bikes can be any type of road racing or mountain bikes. The only restriction is the rider must power bikes themselves. (No motorized versions of bikes are allowed) (Mountain bikes are a strong recommendation due to the uneven and rough surface of the New River Trail. The course is a cinder/gravel/rock surface the entire race.
11. Riders must obey all road-crossing signs. Vehicles always have the right away at crossings. Use caution when approaching and crossing these areas.

RECOMMENDATIONS:

1. Carry extra water bottles/snacks on the bike due to the length of the race. Aid-stations are available along the course if needed.
2. Keep a spare tire repair kit and pump on the bike. Flat tires are a real possibility along the course due to the cinders/grovels/rocks.

(STAGE # 2) 12-MILE CANOEING

TRANSITION AREA - FOSTER FALLS, VA.

REQUIREMENTS:

1. All participants must provide and WEAR coast guard approved P.F.D. Type II (Personal Floatation Devices) while participating in the event.
2. River rescue personnel will sweep behind the last canoe to assist anyone who may encounter problems during the race.
3. Participants can choose to use either single or double-paddles.
4. Team members must be at the transition area no later than 9:00 a.m.
5. A mandatory pre-race meeting for all canoeists will take place at 9:30a.m.
6. Race numbers must be visible on the front of the team runner's jersey.
7. Race numbers must be visible on both sides of competitor canoes.
8. Any type of canoes can be used for competition except for the following restrictions. No Kayaks will be allowed or hybrid canoe/kayaks. The only

size restrictions are canoes must be at least 13.6 feet long and no longer than 18.6 feet in length.

9. Only 1 person will be allowed in each canoe to compete in the canoe stage of the team competition.
10. All bikers must pass through the checkpoint at the transition area for the canoe stage of the competition for each team to be accounted for before they proceed.

RECOMMENDATIONS:

It is highly recommended that canoeist carry an extra water bottle/snacks with them during the float especially if they are canoeing as individuals because of the extended length of the float. Canoeist can also choose to take whatever fluid/snack they wish to bring with them for the float. Water bottles will be provided in the transition area.

(STAGE # 3) - 13.1 MILE RUN (Half-Marathon)

Run stage is from Allisonia, Va. To Foster Falls, Va. run completely on the New River Trail

REQUIREMENTS:

ALL TEAMS MUST PROVIDE TRANSPORTATION TO THEIR TEAMMATES. Team runners must be at the Allisonia transition area for a mandatory pre-race meeting for all runners that will take place at 11:00a.m Team members should be at the transition areas 15-30 min. before the meeting to insure you won't be late when your teammate arrives. Race numbers must be visible on the front of the team runners jersey. Runners must also obey all road-crossing signs. Vehicles always have the right-of-way at crossings, always use caution when approaching and crossing these areas.

RECOMMENDATIONS:

Runners may also choose to carry an extra water bottle with them during the run especially if they are running as individuals. Race aid-stations are available along the course if needed.

RACE SHUTTLES

All individual competitors must bring a support crew with them to the competition. Team competitors in the running stages will be responsible for their own transportation to and from the Allisonia transition. A gear & equipment shuttle only will be available for canoes at Allisonia to take canoes back to the Foster Falls access area.

RESTROOMS & PORTA-JOHNS

Available at the Starting line Foster Falls, Fries Junction, Ivanhoe, Indian Branch, Allisonia, and Lone Ash transition area

WATER AID-STATIONS

We recommend carrying any extra fluids with you during the competition.

Water aid stations will be available during the bike stage at the Starting Line, Invanhoe access, Rt. 721 at Fries.

Run Stages - Water aid stations will be provided every 2.5 to 3 miles of the running stage.

Water aid stations: Wythe/Pulaski Co. Line, Lone Ash, Va., Bertha Area, Rock House, Foster Falls 2 miles before finish line and Foster Falls Transition Area and the Finish Line area